

## Educational Programs

Family Living  
Agriculture and Natural Resources  
4-H Youth Development  
Community Horticulture

(206) 205-3100 Publications/Information  
Monday - Friday 8:30 AM - 4:30 PM

## Dial Extension

A 24 hour audio information library  
(206) 296-3425

## Master Gardeners

(206) 296-3440  
Monday - Friday 10:00 AM - 4:00 PM

## Mailing Address

WSU Cooperative Extension  
919 SW Grady Way, Suite 120  
Renton, Washington 98055

**Fax** (206) 296-0952

**TTY Relay** 711

**Toll Free** 1-800-325-6165 ext. 5-3100

**E-Mail** [wsu.coopext@metrokc.gov](mailto:wsu.coopext@metrokc.gov)

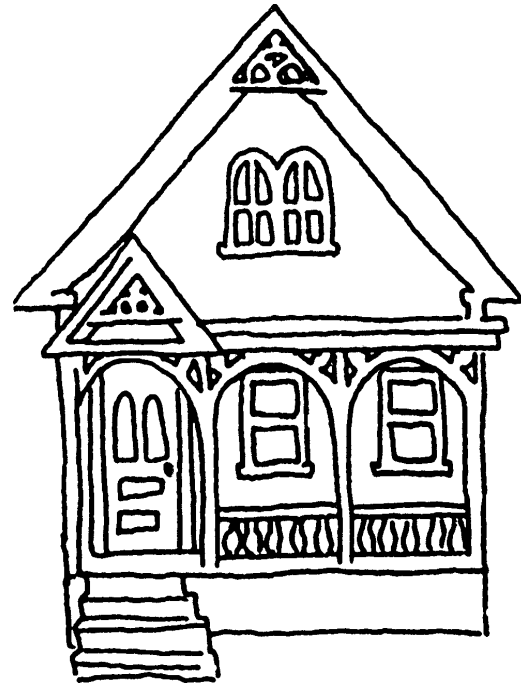


Paul H. Gutierrez, Chair

Cooperating Agencies: Washington State University, U.S. Department of Agriculture, and King County. Cooperative Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local Cooperative Extension office.



## DIAL EXTENSION A 24 HOUR AUDIO INFORMATION LIBRARY



(206) 296-3425

## FAMILY LIVING

Dial Extension brings you free advice and information on a wide range of topics. This information is as near as your telephone. By calling DialExtension you have access to over 600 audio tapes, researched and narrated by people from Washington State University.

## How To Use Dial Extension

### Touch-Tone Phones

Access is available 24 hours a day.  
Consult this brochure and select a tape number.

Dial

**(206) 296-3425**

Follow instructions for touch-tone callers.

### Rotary Dial

Operator Assistance is available  
Monday through Friday from  
8:30 AM - 4:30 PM (except holidays)

Dial

**(206) 296-3425**

Request a tape number.

### Toll-Free

Dial

**1-800-325-6165.**

Monday - Friday 8:30 AM - 4:30 PM  
Ask the operator to connect you with  
Dial Extension (extension 6-3425).

## Nutrition Advisors

TAPE #282

EFNEP

The Extension Family and  
Nutrition Education Program

*Nutrition education for  
limited-income  
families and youth*



## Money Management

### Advisors

TAPE #382

Become an Extension Money  
Management Advisor

*Learn to teach  
basic budgeting skills*

## Home Management

- 3131 Winterizing Water Pipes
- 3132 Thawing Frozen Water Pipes
- 3221 Carpet Care
- 3222 Care of Upholstered Furniture
- 3223 Household Mold: Prevention & Cure
- 3224 About Mildew in Rugs

## Home Safety

- 3111 Safe Household Cleaners
- 3112 Safe Storage & Use: Cleaning Products
- 3123 Home Fire Drills
- 3125 Toxic Substances in the Home

## Spot & Stain Removal

- 3231 About Spots & Stains
- 3232 Stains of Non-Greasy Origin
- 3233 Stains of Greasy Origin
- 3234 Stains of Greasy/Non-Greasy Origin
- 3235 Removing Ink From Clothing
- 3236 Urine Stains

## Money Management

- 3331 Creating & Maintaining a Budget
- 3332 Strategies for Your Savings Plan
- 3333 Choosing a Financial Planner
- 3334 Surviving a Credit Crisis
- 3335 Is an IRA for You?

## House Pests

- 1294 Fruit Flies
- 1298 Cupboard Bugs



## Holidays

- 2314 Buffets: Serve Them Safely
- 2321 Holiday Meal Safety
- 2323 Shopping for Holiday Turkeys
- 2324 Cooking Holiday Turkeys

## Nutrition

- 2411 Nutrition Guidelines
- 2412 Cholesterol in the Diet
- 2413 Potassium in the Diet
- 2414 Fiber in the Diet
- 2415 Minerals in the Diet
- 2416 How to Reduce Sodium in the Diet
- 2417 Cutting Down on Fats
- 2418 Lactose Intolerance
- 2419 Cooking Vegetables to Save Nutrients
- 2421 Ideal Weight
- 2422 Vegetarian Diets
- 2423 Diets for the Elderly
- 2424 Diet and Cancer
- 2425 Nutrition for Women
- 3531 Babies and Food
- 3533 Parents, Kids and Food
- 3612 Nutrition and Osteoporosis



## Senior Adults

- 3611 Potassium in the Diet
- 3612 Nutrition and Osteoporosis
- 3613 Diet and Cancer
- 3614 Diets for the Elderly
- 3616 How to Reduce Sodium in the Diet
- 3621 Home Safety for Seniors

## Fish

- 2511 Buying Fresh Fish
- 2514 Worms in Marine Fish
- 2522 Fresh Clam Safety



## Food Buying & Storage

- 2222 Storing Spices
- 2224 Shelf Life of Canned Goods
- 3534 Making Baby Food
- 2511 Buying Fresh Fish
- 1842 Storing Apples & Pears
- 2222 Harvesting Herbs



## Food Safety

- 2311 Food Poisoning can be Deceptive
- 2312 Food Molds
- 2313 Infant Botulism
- 2314 Pack a Safe Lunch
- 3544 Lead Poisoning

## Pickles & Relishes

- 2171 Making Dill Pickles
- 2172 Making Sauerkraut
- 2176 Pickling Problems & Solutions

## Food Preservation

- 2111 Canning Vegetables
- 2112 Canning Tomatoes
- 2113 Canning Fruits
- 2116 How Long are Home Canned Foods Safe?
- 2118 Botulism
- 2121 Buying a Pressure Canner
- 2122 Testing Your Pressure Cooker

## Jams and Jellies

- 2131 Making Freezer Jams & Jellies
- 2132 Jellies & Jams: Problems & Solutions

## Freezing

- 2211 How to Buy Freezer Meat
- 2131 Making Freezer Jams & Jellies
- 2151 Tips on Freezing Vegetables
- 2152 Tips on Freezing Fruit
- 2153 Freezing Tomatoes
- 2154 Freezing Meat
- 2155 Freezing Salmon
- 2157 Foods that Should Not be Frozen
- 2161 Freezer Full of Food & the Power Goes Off
- 2162 When Refreezing is Possible

## Drying

- 2141 Preparing Fruits for Drying
- 2142 Drying Vegetables
- 2143 Oven Drying
- 2144 Making Fruit Leathers
- 2145 Storing Dried Foods

## Parent & Child

- 351 Choosing a Day Care Facility
- 352 Staying Home Alone
- 3442 Children and Money
- 3443 Effective Discipline
- 3444 Lullabies
- 3445 Managing Stress: Be Your Best
- 3531 Babies and Food
- 3532 Infant Botulism
- 3533 Parents, Kids & Food
- 3534 Making Baby Food
- 3541 Protect Children from Accidental Poisoning
- 3542 Dangerous Falls
- 3543 Electrical or Heat-related Accidents
- 3551 Childhood Head Injuries